

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently amended) A method of promoting the growth of beneficial bacteria in the gut of a human in need thereof, which comprises administering to said human a composition comprising an effective amount of a dark fruit selected from blackcurrant, blackberry, strawberry, blueberry, pomegranate, plum, grape, raspberry, cranberry, redcurrant, cherry or a mixture of two or more thereof as for the manufacture of an orally ingestible composition for the promotion of health in a mammal, characterised in that the dark fruit has a prebiotic effect.
2. (Currently Amended) The method according to Use as claimed in claim 1 wherein the dark fruit is in the form of fruit juice.
3. (cancelled)
4. (Currently Amended) The method according to Use as claimed in claim [[3]].1 wherein the dark fruit is blackcurrant, cranberry, pomegranate or a mixture of two or more thereof.
5. (Currently Amended) The method according to Use as claimed in any one of claims 1 to 4claim 1 wherein the composition is a beverage.
6. (Currently Amended) The method according to Use as claimed in claim 5 wherein the composition is a beverage concentrate comprising 1-40% (v/v) single strength fruit juice.

7. (Currently Amended) The method according to Use as claimed in claim 5
wherein the composition is ready to drink beverage comprising 1-20% (v/v) single strength fruit juice.
8. (Currently Amended) The method according to Use as claimed in claim 1
wherein the composition further comprises a probiotic.
9. (New) The method according to claim 1 wherein the composition is in the form of a liquid, a semi-solid or a solid.
10. (New) A method of reducing the growth of harmful bacteria in the gut of a human in need thereof, which comprises administering to said human a composition comprising an effective amount of a dark fruit selected from blackcurrant, blackberry, strawberry, blueberry, pomegranate, plum, grape, raspberry, cranberry, redcurrant, cherry or a mixture of two or more thereof as a prebiotic.